

KENT ACTIVE

THE NEWSLETTER OF THE KENT ACTIVE RETIREMENT
ASSOCIATION



*“Do not think of retirement as someone closing a door on a bright, and crowded street.
Think of it as someone opening the door to a beckoning and uncluttered world.”*

John Hardiman (Founder of the Association)

Volume Seven

Summer/Autumn 2020

No. Seventy Seven

Chairlady's Comments

Hello all,

I hope you are all coping with this horrible virus, and keeping safe, while managing our shared Isolation.

I have had Coronavirus. I started feeling symptoms, a little after visiting the bank, and supermarket. I felt very poorly, but I have fully recovered now. I feel like I am one of the lucky ones!

I would like to thank all our Clubs and members, who knew, for all their support.

In this national emergency you have been amazing by keeping in touch with each other, helping with getting shopping, collecting, and delivering medication, phoning, and e-mailing.

This has shown how kind and helpful you have all been, and how you all think of one another.

Well done, and a big thank you,

I am very proud of KentAra, and all our members at every level within our organisation.

Many kind acts will go unpublicised, and some will go unnoticed by many, but please don't stop being wonderful to each other.

Let us hope we can start to move on soon, and look forward to a KentAra Afternoon Tea, or some other event that we will plan, when the Coronavirus is safely behind us; whenever that maybe - hopefully this year!

Let us look forward to 2021, and perhaps, if things go really well, a beautiful Cruise to the Norwegian Fjords, in May 2021, with Fred Olsen Cruises.



Joan and Les on board the 'Columbus' St Petersburg Cruise 2019

We should be having a Thanksgiving Service in October 2021 at Rochester Cathedral, and that could be a very special event!

We may have to have two, services on the day, and make it a celebration!

Wherever possible use technology, to order your shopping online, or pick up the phone, and arrange delivery of prescriptions, or call a relative, or a younger willing friend.

Wash your hands thoroughly and often, keep 7 feet (2 metres) apart from others if you really have to go out, and wear gloves if you are going to be touching things outside your home.

Also consider leaving your post 24hrs on the floor, before opening any letters or packaging, so that any virus on its paper or card surface has time to degrade.

LET US ALSO GIVE A BIG THANK YOU TO ALL DOCTORS, NURSES, AND EMERGENCY GROUPS, AND SERVICES, THEY ARE DOING SUCH A WONDERFUL JOB FOR US ALL!

Keep well, keep safe, and keep warm.

Look after yourselves.

Yours as always,

Joan Rhodes.
Chairlady KentARA

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rhodjo@aol.com



Plans are afoot for a Darts Competition in 2021 – Something to look forward too!

Ashford - AARA

Catch-up Time:

After languishing in the doldrums for some time with membership falling away, I am delighted to report that the club has now seldom been in better health. Our last AGM saw the appointment of Ian Sharp as our new Chairman and the club has prospered under his enthusiastic leadership. Many new features have been introduced and our membership has soared. One of the extremely nice reactions from new members is what a friendly and welcoming club it is. Among the new innovations are a monthly club walk and talk, a dining club, a history group and club holidays.

2019 was a good year with enjoyable trips, kicking off in May with a half day Mystery Tour when we enjoyed the beautiful scenery of Kent and East Sussex before an unscheduled but welcome one hour stop in the fine old town of Battle. Re-joining our coach we found ourselves at Bodiam Station where to our surprise and delight we boarded the Kent and East Sussex steam train enjoying a lovely cream tea on board as we steamed to Tenterden station to meet the coach. In July we travelled to Hastings where we enjoyed fine sunny weather and many of us the delicious locally caught fish and in November we took another visit to perennial favourite the Brick Lane Music Hall for the Christmas Show with a festive Christmas Tea. As usual the show was great fun with some ripe humour and talented musical numbers including great violin from a former lady member of the Royal Philharmonic Orchestra.

The year saw a great variety of activities at our monthly meetings starting in January with a fascinating insight into some of Ashford's amazing history presented by Ian followed in February by an informative and useful talk on Fire Safety by a young lady from the Fire Brigade and in March by a police officer with pointers and ideas in how to make our homes more secure. At our AGM in April Allen Campbell our Chairman who had saved the club from almost certain closure several years previously stood down for health reasons and was presented with a club gift by Ian, our newly elected Chairman. In May club member Michelle Chapman gave a fascinating account of her childhood in France during the turbulent days following World War II and in June a volunteer gave an illuminating talk about the great work carried out by the Blood Runners.

We enjoyed all-round entertainer Rob in July and in August we were honoured with the presence of Mrs Jenny Webb, Lady Mayor of Ashford who gave a very encouraging and inspirational address in which she praised the club's activities and its volunteers. September saw the arrival of the KENTARA Road Show with a new take on physical jerks that proved hilarious as well as healthy and an intriguing presentation that sought to prove the connection between classical music and bird song. October's entertainment was by the Ashford Ukulele Band whose members provided a mirthful and boisterous afternoon playing everything from George Formby to Elvis! In November we enjoyed a special Christmas inspired bingo session together with a seasonal quiz and on Saturday 23rd November we held our Christmas Bazaar in the presence of Santa raising useful funds despite the poor weather. In December we had our traditional Christmas Tea while entertained by Chicory Tip who had many members dancing in the aisles. With a number of great trips to look forward to plus an Easter Bonnet competition and a special VE Day celebratory meal with entertainment 2020 looks to be another good year.

David Seaman for AARA – Ashford



St Thomas with 31, Amp & Del



Vas 416



Sandwich Fire Brigades, one horse powered engine, run on carrots.



Another view of St Thomas (possible a tank engine)

N.B. Nota bene (*Note Well*)

Please note that all the submissions in this special edition of the 'Kent Active' relate to events that took place BEFORE the lockdown. Additionally, any events that were planned to take place later in the year, were planned before the Pandemic was known about, and are now subject to current Government Covid-19 guidance.

Visit: <https://www.gov.uk/coronavirus>

ED.



Brenda

Our 30th Annual General Meeting took place in January, and was very well supported. The existing Committee of six was once again unanimously voted in en-bloc, so we must be doing something right! Our small committee works well together to arrange all the outings, speakers, shows, holidays and lunches, etc., and from the many comments we receive, we know that our efforts are very much appreciated. It's hard to believe that our club has been going for over 30 years, and we have never forgotten the few people, (sadly some no longer with us), who started it all way back in 1989 - we've a lot to thank them for.



Lillian and Dave

On a beautiful sunny day in January, we visited the very grand Penshurst Place where we were greeted with a glass of mulled wine, and seasonal refreshments around the fire in the Great Hall, followed by a peep behind the scenes during a tour of the house. Before heading home, we enjoyed a lavish afternoon tea of sandwiches and cakes.

We were lucky enough to enjoy another sunny day in February exploring some pretty Essex villages, before taking a ride around some very narrow lanes in two beautifully restored vintage coaches.

By the time you read this, we will have returned (*hopefully Ed.*) from our annual Warners holiday at the very impressive Thoresby Hall in Nottinghamshire, and as well as our other many outings and activities throughout the remainder of this year, we are all very much looking forward to our next two holidays, September to Lytham St Annes, and March next year to Warners at Studley Castle, and of course, hoping our luck continues with the fine weather we have had so far. (*It's always Sunny in Cheriton. Ed.*)

Julie Irons.



WEAR A FACE COVERING



PROTECT YOURSELF

AND OTHERS FROM COVID-19

Crockenhill - CROCKENARA

As we look forward to longer and warmer days as CrockenARA began their 5th year with a very successful AGM. All the Committee were voted back in for another year, and began planning the year's activities. We were then given a truly excellent Armchair Tour of the Old Kent Road by Alan Payne.

Our 'Meet 'n' Eat' each month continues to be very popular, and our first lunch was held at The King's Arms Shoreham. In April we are looking forward to a joint lunch with our Crockenhill W.I. It will be a Ploughman's followed by a fruit crumble, and cream with the essential tea and coffee. We will be entertained by the 'Facebook Pocket Orchestra'. Lots of other local hostelry visits are planned with one favourite being 'The Chequers', (our Crockenhill local), in March.

We have lots of great trips planned, including the 'Mary Rose' at Portsmouth, 'Herstmonceux Science Observatory', and a Horse Drawn Canal trip in August.

After a great year of Speakers in 2019, we have a lot to live up to! Amongst our Speakers in 2020 we are looking forward to listening to talks on Lighthouses, Netball, and 45 years in Aviation. Something for everyone!

Our membership continues to be healthy with new members joining all the time, and our loyal members continuing to support us each month.

So, let's look forward to another successful year. When did we ever have the time to go to work!!

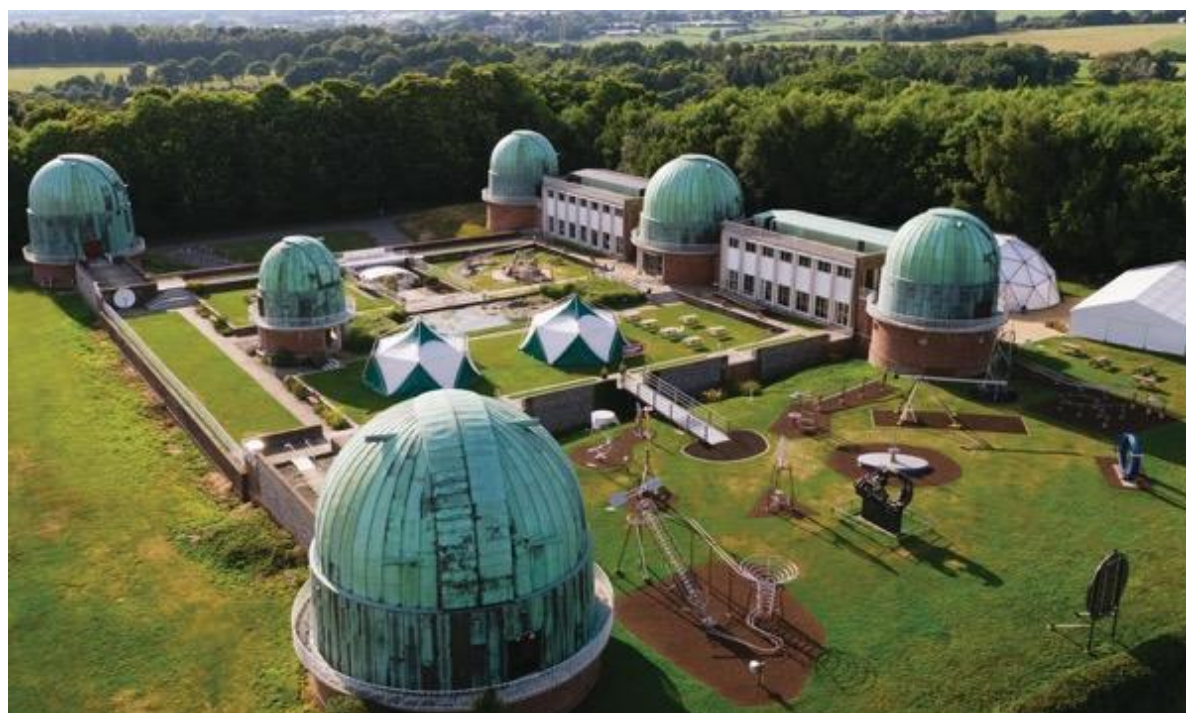
Virginia Bartlett. Secretary. CrockenAra.

Please Note.

All of the articles have been submitted before the Lockdown, and a lot of forward plans have subsequently been scuppered by Covid-19.

The articles have largely not been edited to reflect this, because it might give the impression that Clubs were less active then they had originally planned to be.

No doubt when it is safe to do so, we will all be out on our postponed trips again.



Herstmonceux Science Observatory

Editorial

From 'Aramis Scribe' Editor of the 'Kent Active'.

This is the 'New Look' digital version of the 'Kent Active'.

It has a number of advantages.

- It can be distributed, and forwarded online to any member, without any risk of Covid-19 contamination.
- It saves KentAra a not insignificant expense in printing a 'hard copy', and its arduous physical distribution.

The 'Kent Active' uses Microsoft 'Word' to be written and constructed. This is the word processing behemoth of the world, and the most accessible by far.

It is not however a piece of publishing software like Adobe - with pdf files etc. or 'Microsoft Publisher', and so you will see that I am **'learning by doing'** by putting the new look 'Kent Active' together.

Basically, I am trying to bend it into performing like a slick piece of publishing software - and it does not like it.

If there are any budding 'Sub Editors' who fancy a run at putting together a few pages of the 'Kent Active' in the future, then do make yourself known. If you have a hotline to Bill Gates on how to use his software that would help.

One thing that has become self-evident during this Pandemic, (especially after our Chairlady's brush with Covid-19, is how we need an ordered line of succession for all the roles that are performed throughout KentAra.

So to set an example, I am inviting anyone interested in becoming a 'Deputy Editor', or 'Sub Editor' to make yourselves known, so we can form a structure that if I, or anyone of us *'Keels Over'* for any reason, or needs to take a break, then there is someone able, and willing to immediately take the reins.

Fling me an email to kentactive@post.com

It is obvious from the editorial desk however that you are all very much out there, and pressing against the walls of your homes, trying to get out, but having the great good sense by being ultra-cautious about doing so.

For many of us fortunate enough to have spouses, it has been a quietly wonderful time to be together in an uninterrupted bubble of togetherness, with the added piquancy of having the sword of Damocles hovering above our heads.

The vaccine is coming. It is all over the internet if you know where to dig. All we need to be is patient - enjoy our gardens, each other, and the good weather (when we get it), and realise that when Covid-19 is all over, we will never get to experience some of the unexpected benefits from this time of introspection, and for some of us, perhaps even peace. Aramis Scribe. Editor. Kent Active

**'Article of the Month'
Winners in the Spring Edition EdenARA**

**Our ChairLady Joan Rhodes presents a cheque for £50 to EdenARA
ChairLady Marian Wills, and Secretary Valerie Bignall.**

Congratulations!





Senior Elastixs is the only exercise programme endorsed by KentARA

**A Suite of Exercises from Andrea our Vice Chairlady,
to help during Covid-19, with the compliments of
Senior™ Elastixs®**

A Balance Tip.

Whilst waiting for the kettle to boil, looking out the window, talking etc. you could incorporate a standing on toes exercise.

- Stand near a work surface, window sill or wall for support initially.
- Now raise both heels off the ground, (so you are standing on your toes,) lower slowly, and repeat as often as you are comfortable. Perform this exercise throughout the day.

As your balance improves you could try to stay up on your toes for a count of 2, then 3 seconds, & build up to what you are confident with.

As your balance improves you could try to balance without the use of a wall etc., but stay near should you need support.

An Elastixs Stretching Routine.

Here are a few standing exercises to give you a good stretch, and get you moving.

PLEASE NOTE:

- These exercises can also be carried out from a seated position.
- Initially each exercise should be done 4 times **(Left and Right = 1 set)**
- If you feel comfortable with 4 sets, then you could increase slowly to 8 sets - to challenge yourself.

MOST IMPORTANT:

- Put on some of your favourite music that makes you want to move.

Wear suitable supportive non-slip shoes, and comfortable clothing.

1. Arms

- Stand, legs hip width apart, arms at sides, palms facing in.
- Circle both arms backwards. 4 sets
- Circle both arms forward. 4 sets

(Left and Right = 1 set)

*If you cannot take your arms high, then put your hands on your shoulders, (elbows pointing out to side a little), & circle from shoulders.

2. Arms

- Circle alternate arms backwards Right / Left. 4 sets
- Circle alternate arms forward Right / Left. 4 sets

(Left and Right = 1 set)

3. Waist Turns

- Stand with legs hip width apart, take arms into Cossack position chest height.
- Now turn the top half of your body round as far as is comfortable to your right side.
- Bring slowly back to centre, and then turn the top half of your body round to left, and then back to centre. Aim to do 4 sets.
Try to just move the top half of body only.

(Left and Right = 1 set)

4. Side Bends

- Stand with your legs hip width apart, with your arms hanging down at your side, and palms facing in.
- Now let your RIGHT arm slide down your RIGHT leg, and see how far you can stretch down.
- As one arm slides down your leg, try to raise your other arm to give you a further stretch. Come back to the centre, and repeat a total of 4 times.
- Repeat the same action on the LEFT side, 4 times.

• 5. Marching

- Stand with feet hip width apart, and begin to March; incorporating the swinging of your arms.
- You could aim to raise your knees high for a harder workout.
- 4 sets RIGHT / LEFT
- Now take your legs wider apart, and repeat Marching.
- 4 sets RIGHT / LEFT
- Incorporate wide, and narrow standing Marches.
- E.g. 4 wide 4 narrow marches 4 sets
- Now try 1 wide, and 1 narrow standing March. 4 sets
- (You can play around with that)

(Left and Right = 1 set)

• **6. Leg Curls**

- Stand straight, legs hip width apart.
- Place your arms towards the sides of your body, but towards the back. Let your arms hang down the side of your bottom, palms facing out.
- Now try to kick up backwards, so that you can touch each heel with your hand as it comes up; if you can't reach your hand, just keep the curl low.
- Alternate legs RIGHT /LEFT 4 sets. **(Left and Right = 1 set)**

• **7. Waist Rotation Hula Hoop**

- Stand with your feet hip width apart, hands on hips, and now circle your body round, (nice and slow), as if doing Hula Hoop, 4 times.
- Then reverse the rotation for 4 sets. **(Left and Right = 1 set)**

• **8. Peddle Feet**

- Standing with your feet hip width apart, and keeping your toes fixed to the floor, lift your heels up alternatively, RIGHT /LEFT, and mimicking a jog whilst walking on the spot. 4 sets.
- If you wish you can incorporate arms.
- Elbows tucked into side of body, make fists with hands and do alternate bicep curls.
- So, as you raise your Right heel, bicep curl with your left arm taking hand to shoulder, lower, change arm and foot. **(Left and Right = 1 set)**

● **9. Squats**

- Stand with feet a little wider than hip width apart.
- Squat down (as if you are going to sit down on a chair), bending from your knees, bottom sticking out.
- As you squat, bring both your arms out in front of you, (palms facing down)...
- Then as you come up to stand, take both your arms back to your sides, and push back with the palms of your hands behind you.

Do this slowly, no rush.

Aim for 4 repetitions, but do whatever you are comfortable with, and build up to more when you are confident to do so.

● **10. Mark Toes**

- Stand legs hip width apart.
- Now kick extend your RIGHT leg out, as high as is comfortable for you.
- At same time bring your opposite LEFT arm across to try and touch your toes.

It's not a problem if you can't touch, or even get near your toes, just aim for a diagonal stretch.

Do the same with LEFT leg kick, RIGHT arm stretch to foot.

4 sets. **(Left and Right = 1 set)**

11. Relax

- Shake your arms, hands, and legs.
- Lift your shoulders to your ears, lower them, and repeat.
- Turn your head to one side, hold, then turn your head back to centre, and now repeat on the other side, and then back to centre.
- Open your arms wide, and now close them to give yourself a cuddle.
- Open arms wide again, and bring arms back to hug yourself, but this time change your top arm.
- Repeat this action 4 times, each time alternating the position of your top arm.
- Finally, give yourself a big pat on the back.

Well Done!

From the Senior Elastixs team,

including Jan Elci.

Andrea Ellerby our Vice Chairlady can be contacted on 07703 346 609

or by email: andrea.ellerby@sky.com

Support our KentAra family. Ed.



Fred. Olsen Cruise Lines



SCENIC SIGHTS OF THE NORWEGIAN FJORDS

— BOUDICCA —

22nd May 2021 | 7 nights | Sail from Dover | Cruise code D2112

KENTARA 2021 GROUP CRUISE



Private group transfers to/ from Dover^

FREE
Kentara Group Drinks Party On Board**

Aboard Boudicca, you'll cruise Lysefjord and the narrow Karmsund strait – two journeys only possible on a smaller ship.

You'll also view Langfoss, which is widely regarded as one of Norway's best waterfalls. From the labyrinthine streets of Stavanger's Old Town to Flåm Railway tours, there are countless highlights ashore. Olden is your start point for discovering the fascinating Briksdal Glacier.

Group Fares per person

Interior Twin	£899
Ocean View Twin	£1,079
Superior Ocean View Twin	£1,669
Balcony Twin	£1,799
Single Interior Room	£1,699
Ocean View Single	£1,849

Prices are based on standard occupancy. These are correct at time of going to print, but may change at any time. Please call for latest prices. Ocean Members will receive an extra 5% discount*

All included in your cruise price:

Comfortable en-suite accommodation • Breakfast, lunch, afternoon tea, five course à la carte dinner, late night buffet and self-service tea & coffee • Varied daytime activities • Lectures and talks • Swimming pools, Jacuzzis and gym
Choice of live evening entertainment



Date	Destination
Day 1	Dover
Day 2	Cruising
Day 3	Cruising Lysefjord
Day 3	Cruising Karmsund
Day 3	Cruising Akrafjord (to see Langfoss Waterfall)
Day 4	Flåm, Aurlandsfjord, Norway D
Day 5	Olden, Nordfjord, Norway D
Day 5	Cruising Nordfjord & Innvikfjord
Day 6	Cruising Karmsund
Day 6	Stavanger, Norway
Day 7	Cruising
Day 8	Dover

To book contact Fred. Olsen Cruise Lines Reservations team on 01473 742 424, quoting GRP0288 and cruise code D2112.

Fares are per person, based on twin occupancy of the lead-in twin cabin, subject to availability. Offers may be amended or withdrawn at any time without prior notice, are subject to availability & cannot be applied retrospectively. All bookings are subject to Fred. Olsen's standard terms & conditions, available on our/their website & on request. Some ports may be at anchor, intermediate days are at sea. FOCL reserve the right to amend itineraries for operational reasons. These Terms and Conditions are in addition to Fred. Olsen's standard Terms and Conditions which are available on Fred. Olsen's website, www.fredolsencruises.com and on request. *Oceans membership terms and conditions apply. ^Funding towards group transport to and from the port of Dover, subject to minimum numbers and will be with Eavesway Coaches. **Drinks party to include red & white wine, sherry, soft drinks & cold canapés and is subject to minimum numbers. E&OE. Travel with confidence

IN MEMORIAM

ANN TIPPET

Sadly, I have to inform you that Ann Tippet passed away In her sleep on 18th May, in hospital.

Ann did not have the Covid-19 virus, but had been poorly for a while.

She will be sadly missed, and was such a lovely lady,

Ann, as a lot of you will know, was for five years the Honorary Secretary to KentARA, and worked so hard - even though her poor hands were crippled with arthritis.

She was a great asset to KentARA, and we did appreciate her very much for all she did.

Ann was also a member of AARA in Ashford, and worked as Secretary there on, and off for 20 years, and was always happy to be with, and help her best friend Gladys, who was a founder member of AARA.

Dennis, (Ann`s husband), brought Ann to all our meetings, but never came into them himself; but he was always there for Ann, and looked after her so well.

I know Dennis will miss her so very much, and all of our kindest thoughts go out to him, his family, and all their friends at this time

Ann will be sadly missed by us all.

**Kind Regards,
Joan Rhodes
Charlady for Kentara**

VE Day with Joan & Les Rhodes



and two fingers to COVID-19. Ed.

Officers 'Social Distanced' Bubble

July 2020



From Left to Right: Lin Martin, Membership Secretary, Brian Griffin Secretary, Gerry Waters, Treasurer, and Sylvia Griffin



Here is a picture of the 'Socially Distanced' Cake that Les made the other day.

It was so 'socially distanced' that no one else was able to get a look in.

Crossword & Anagram

The Brian Fridd Page



'Brainy Brian' from Bearsted - BeARA (with £25)

Winner of the Winter 2019 Crossword No.17

Brian Fridd

As you can see Brian won the Winter 2019 Crossword puzzle, and was so chuffed with the experience, (when I pressed the £25 into his hand, and posed him for his 'smiley' picture), that he spent the next sleepless 48 hours devoting himself, (along with the entire International Scouting movement) into 'cracking' the KentAra 'Double Rollover' Anagram Phrase.

Up until that moment not a single, solitary attempt at an answer had been received on the Kent Active editorial desk, (although no doubt Brenda Hammond of SIARA - who won the Autumn 2019 KentAra Crossword, and who had pressed your Editor very hard for a clue on the inscrutable question) was hot on Brian's heels with an answer.

The Anagram Phrase was:

'A Perfectly Swooshing Oil'

The answer to which is,

'How Long is a Piece of String'.



This time Brian stripped £75 from KentAra, and is considering moving to the South of France.

The winner of the Spring KentAra Crossword is

Mrs Vanessa Pratt

of RAMARA (Ramsgate)

£25 will be heading your way, via our new KentAra Treasurer, Gerry Waters.

CONGRATULATIONS!

Vanessa, please send us a jpeg image with your winnings for the next edition of the Kent Active. Many Thanks, Aramis.

The new Anagram Phrase is as follows:

Adolphe Asymmetrical Housemaster

From the original phrase, with the word lengths:

5- 1- 7- 4- 2- 1- 7 -3

Prize: £25

Answers to:

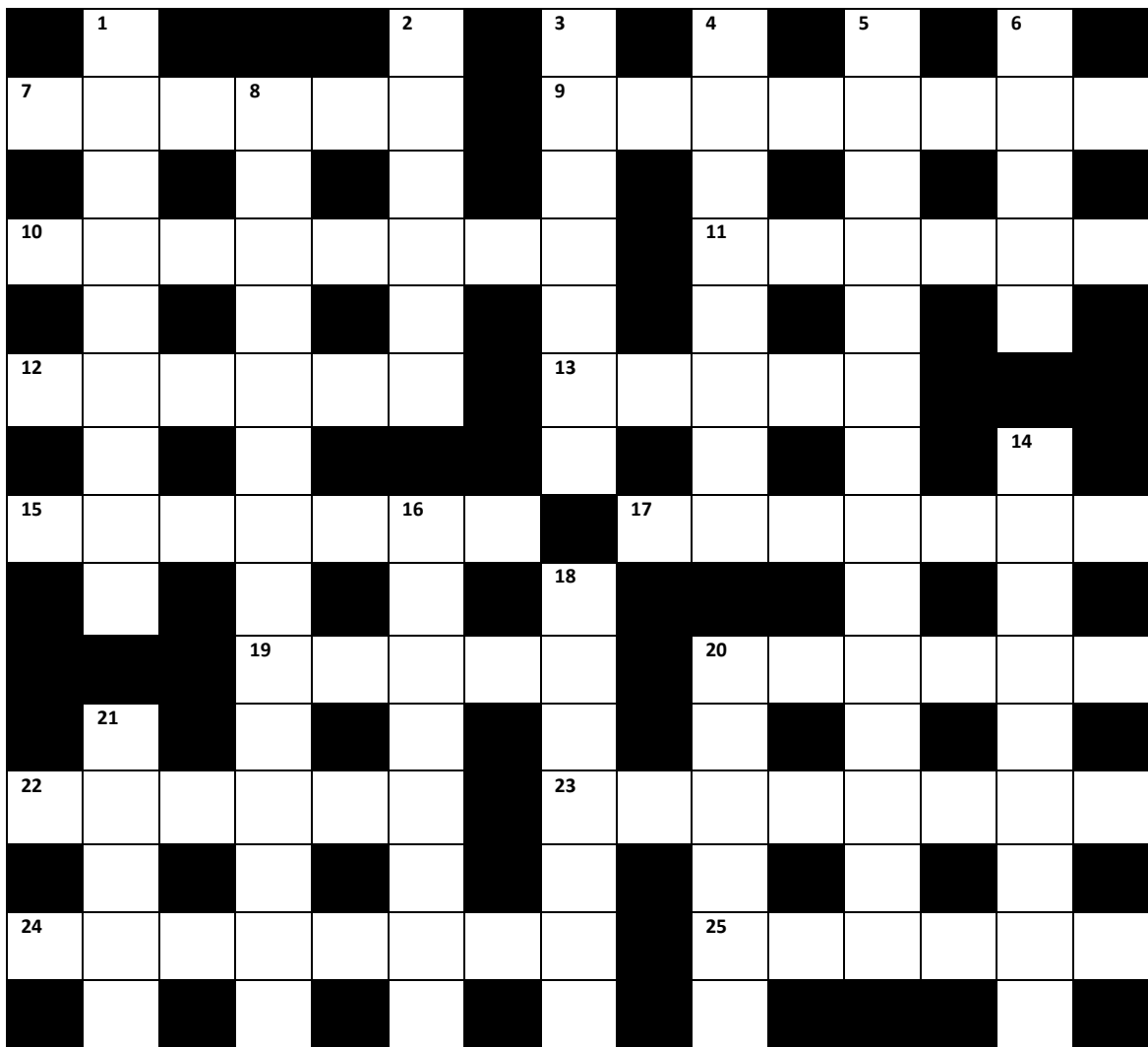
kentactive@post.com

Answers to Crossword

No. 18 Spring 2020

	S			S		O		U		Q		S			
C	O	B	N	U	T		B	A	N	Q	U	E	T	S	
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Crossword No. 19 Sumautwint 2020



ACROSS:

- 7. A Tiny Bit of Time (6)
- 9. A University Lecturer (8)
- 10. A Slow Steam Train is Moving Like This (8)
- 11. Calls Up In Mind (6)
- 12. Help (6)
- 13. Rugged Woollen Cloth (5)
- 15. Smelly Gas (7)
- 17. The End (3,4)
- 19. Animal (5)
- 20. What lies between the Isle of Wight, and the Mainland (6)
- 22. Fantasy Land by C.S. Lewis (6)
- 23. Cowboy & Indian Region (4,4)
- 24. Breakfast Wheat (8)
- 25. Covering on Unwashed Teeth (6)

DOWN:

1. Kent Cathedral Town (9)
2. Severe (6)
3. Kent Seaside Town (7)
4. A Woodland Plant (8)
5. 1939 – 1945 (6,5,3)
6. Hour Glass (5)
8. Local Body of Water (7,7)
14. Day of The Week (9)
16. Famous Landing Region in June '44 (8)
18. Towards the Ocean (7)
20. A Soldier's Greeting (6)
21. Hiding Place (5)

Winning Entry Prize £25

**Please send a completed list of Crossword
'Across' and 'Down' answers to:**

kentactive@post.com

**or post to,
12 Beaulieu Rise, Rochester, Kent ME1 2PQ**

GOOD LUCK!